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H-PLUS® TIP OF-THE-ISSUE

*H-PLUS Brain: Repairs & Maintenance (P)**

Function Command: PLUS-FLOW BETTER

This exercise addresses maintenance and improvement of the circulatory, chemical, and electrical flows in the brain, thus supporting its most efficient functioning. Susan F. Tirotta, a Sustaining Member, has also discovered its value in recovering from the residual damage of a severe brain injury which occurred thirteen years ago. Sue listened to the tape about four times, then began to use the Command. Verbal and written expression quickly became easier. She then focused on the damaged vision center of her brain while using the Command. Three months of consistent application brought noticeable improvement in eyesight. Susan has also supported *Brain: Repairs & Maintenance (P)* with *H-PLUS Synchronizing, Circulation*, and resonant tuning (a technique presented in the *MIND FOOD®* and the *GATEWAY EXPERIENCE®* tapes) and feels that positive benefits are cumulative. It's impressive to see results so long after the initial insult.

* Remember, *Brain: Repairs & Maintenance* is a permanently installed Function whose effects are enhanced by repetition of the Function Command.

[For additional background on using this issue's Function exercise to recover from closed-head trauma, see: Healing/Rehabilitative Medicine/HSJ 1990-3 Brain Injury Recovery With Hemi-Sync - JoHanna Hawthorne, and Susan Anton-Johnson]

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